



HINTS FOR LADY EQUESTRIANS.

NUMBER II.

BY THE AUTHOR OF "HORSEMANSHIP."

THE body must always be in a situation to preserve the balance, as well as to maintain the seat. One of the most common errors committed by ladies on horseback, who have not been properly taught to ride, is hanging by the near crotch, so that instead of being gracefully seated in the centre of the saddle, with the head in its proper situation, and the shoulders square, the body is inclined to the left, the head is brought to the right by an inelegant bend of the neck in that direction, the right shoulder is elevated, and the left depressed. It is important that these, and all similar faults should be avoided. All the rider's movements should harmonize with the paces of the animal; her position should be at once easy to herself and to her horse, and alike calculated to insure her own safety, and give her a perfect command over him. If she sit in a careless, ungraceful manner, the action of her horse will be by no means elegant.

A lady seldom appears to greater advantage than when mounted on a fine horse, if her deportment be graceful, and her positions correspond with his paces and attitudes; but the reverse is the case, if, instead of acting with and influencing the movements of the horse, she allow herself to be tossed to and fro, and overcome by them. She should rise, descend, advance, and stop, *with* the motions of the animal, and not *after* them. From this harmony of motion result ease, elegance, and the most brilliant effect.

The lady should sit in such a position, that the weight of her body may rest on the centre of the saddle. One shoulder should not be more advanced than the other, neither must she bear any weight on the stirrup, nor hang by the pommel over the near

side. She ought to carry her body erect. It may be slightly inclined backward, but not forward. If she bend forward, her shoulders will probably be rounded, and too much of her weight thrown on the horse's shoulders. In addition to these disadvantages, the position will give her a timid, uneasy, and awkward appearance. Leaning slightly backward, on the contrary, tends to keep the shoulders square, to give the corsage of the habit a graceful aspect, to place the weight of the body in its proper place, and, above all, to give an appearance of confidence and grace to the rider.

The head should be in an easy, natural position—that is, neither drooping forward nor thrown back—neither leaning to the right nor to the left. The bust should be elegantly developed by throwing back the shoulders, advancing the chest, and bending the back part of the waist inward. The elbows should be steady, and kept in an easy, unconstrained position at the side. The lower part of the arm should form a right angle with the upper part, which ought to descend almost perpendicularly from the shoulder. In holding the reins, the thumb should be uppermost, and the hand so placed that the lower part of it be nearer the waist than the upper. The wrist should be slightly rounded, the little finger in a line with the elbow, the knuckles immediately above the horse's neck, and the nails turned toward the rider. When the left hand thus embraces the rein, the right arm may drop easily from the shoulder, and the whip may be grasped by the fingers of the right hand, to prevent it from irritating the horse's flank.

The stirrup is of very little use except to support

the left foot and leg, and to assist the rider to rise in the trot. The left leg should not be cramped up, but assume an easy and comfortable position. It should neither be forced out, to render the general appearance ungraceful, and the leg itself fatigued, nor should it be pressed close to the horse, except when used as an aid, but descend gracefully by his side, without bearing against it.

Although hanging by the left crotch of the pommel over the near side, is not only inelegant, but objectionable in many important respects, the pommel, properly used, is a lady's principal dependance on horseback. By the right knee being passed over the near crotch, the toes slightly elevated, and the leg pressed against the fore flap of the saddle, the pommel is grasped, and the rider well secured in the possession of her seat. It is said, that when a lady, while her horse is going at a smart trot, can lean over on the right side far enough to see the horse's shoe, she may be supposed to have established a correct seat.

The position we have described, subject to occasional variations, will be found by experience to be the most natural and graceful mode of sitting a horse. It is easy to the rider and her steed, and enables the former to govern the motions of the later so effectually, in all ordinary cases, as to produce that harmony of motion which is so much and so deservedly admired.

A poetical writer once observed that "a lady should ride her palfrey even as some beautiful water-fowl passes onward with the tide, seeming, in the eye of fancy, by the concord of its motions with the undula-

tions of the water, to be a portion of the stream, on the surface of which it floats."

When the lady is firmly seated, and desires her horse to advance, she brings the thumb of her bridle-hand toward her until the knuckles are uppermost, and the nails over the horse's neck. The reins, by this simple motion, are slacked sufficiently to permit the horse to move forward. After he is put in motion, the rider's bridle-hand should resume its former position gradually, or it may be slightly advanced, and the thumb turned upward immediately.

To turn a horse to the right, let the thumb, which in the first position is uppermost, be turned to the right, the little finger to the left, and the back of the hand brought upward. This movement is performed in a moment, and it will cause the left rein to hang slack, while the right is tightened so as to press against the horse's neck.

To turn to the left, the hand should quit the first position, the nails be turned upward, the little finger brought in toward the right, and the thumb moved to the left. The left rein will thus press the neck, while the right one is slacked.

The balance is governed by the motion and direction of the horse's legs. If the animal be either standing still, or merely walking straight forward, the body should be preserved in the simple position which we have already prescribed in the article on the "Position on the Horse." Should it be necessary to apply the whip, so as to make the animal quicken his pace, or to pull him in suddenly, the body must be prepared to accommodate itself to the animal's change of action.

HARP OF THE SOUL.

BY REV. SIDNEY DYER.

HARK! 'tis the pensive evening chime,
That thrills the ear and dies;
It notes the noiseless flight of time,
Ne'er seen by mortal eyes.

There's music in that lingering tone—
The tears unbidden start;
It is not left to chime alone,
Responsive beats the heart.

The harp which hangs within the soul
Is sweetly tuned and free,
And from its breathing chords will roll
The quashing symphony.

The sorrows felt in other days
Come rushing back apace,
And seek to blend with higher lays
Their deep and trembling base.

The lights of boyhood's sunny hour,
A bright and smiling train,
The chords responsive to their power,
Give forth a sweeter strain.

Those chosen ones, forever dear
By ties of friendship strong,
As in review I each revere,
The harp gives back its song.

The breath which floats from Hope's bright wing,
To cheer 'mid anguish sharp,
With magic fingers wakes thy string,
Oh! spirit-sleeping harp!

Oh! pour thy music on my soul,
Till every note sublime
Shall bear me up beyond control
Of sorrow-burdened time!

COMING FROM THE BATH.

So Venus looked, when rising from the deep,
The dripping goddess burst upon the sight.

So Dian seems, when sudden o'er some steep
Lustrous she beams across the misty night.